

LESSON 3

Managing Your Weight

BIG IDEA You can maintain a healthy weight by balancing the food you eat with physical activity.

YOUR WEIGHT AND YOUR HEALTH

MAIN IDEA Maintaining a healthy weight can help prevent serious health problems during all stages of life.

One advantage of eating right is that it helps you maintain a healthy weight. Keeping your weight in a range that is right for your body is important for your overall health. Teens who are overweight are at a higher risk for a variety of health problems. Being **overweight** means *weighing more than is healthy for a person of your gender, height, age, and body type*. As many as one in five children is now considered overweight.

This trend has been linked to lifestyle factors. Some people eat too much. Others eat too

many unhealthful foods. Many do not get enough physical activity. Extra pounds put added strain on your heart and lungs. Teens who are overweight are at an increased risk of type 2 diabetes. They are also more likely to develop high blood pressure, heart disease, and cancer later in life.

Concern about overweight teens makes it easy to overlook the issue of teens who are too thin. Being **underweight**, or *weighing less than is healthy for a person of your gender, height, age, and body type*, is also a problem for many young people.

Keeping your **weight** in a range that is right for your body is **important** for your **health**.

Underweight teens may not be getting the nutrients their bodies need. They may be at risk of developing anemia. Anemia is a lack of iron in the blood that can make a person feel tired and run down. Teens who are too thin may have a harder time fighting off illness or infection. Finally, they may not have enough stored body fat to help keep them warm and provide them with an energy reserve.



Before You Read

QUICK WRITE Write a paragraph describing what actions you currently take to try to maintain a healthy body weight.

Video

As You Read

STUDY ORGANIZER Make the study organizer on page 52 to record the information presented in Lesson 3.

Vocabulary

- › overweight
- › underweight
- › Body Mass Index (BMI)
- › energy equation.

Audio

Bilingual Glossary

What Teens Want to Know

How do I know if I need to lose weight?

Teens come in many sizes and shapes. You may not know if you are underweight or overweight. Calculate your Body Mass Index (BMI) using an online tool. Is your BMI near the recommended value for your age? Follow the *Dietary Guidelines for Americans*. If you eat a balanced diet and get at least 60 minutes of physical activity each day, you should reach your ideal weight.